

JACKSON HOLE MOUNTAIN GUIDES

GRAND TETON EQUIPMENT LIST



- ❑ **Footwear: Objective Dependent**
- ❑ **Sticky Rubber Approach Shoes are required** for all mid-summer climbs. Trips before early July require a crampon compatible mountain boot.
Guide Pick: Salewa Mountain Trainer or Salewa Firetail
- ❑ Rock Shoes for technical rock routes.
- ❑ Socks –2 pair: sized for your boots and blister prevention.

Salewa footwear is available at Jackson Hole Mountain Guides for rent. JHMG also carries a selection of Five Ten Rock shoes for rent.

- ❑ **Upper Layers**
- ❑ Synthetic/wool long underwear top
- ❑ Synthetic T-shirt: *Guide Pick:* Mountain Hardware Wicked Light T
- ❑ Insulating Jacket- Lightweight down or synthetic –
Guide Pick: Mountain Hardware Thermostatic Jacket
- ❑ Soft Shell: Fleece or pile.
- ❑ Rain Jacket: Waterproof/breathable with hood.
Guide Pick: Mountain Hardware- Plasmic Jacket.
- ❑ **Bottom Layers**
- ❑ Synthetic/wool long underwear bottom
- ❑ Hiking short or pant- For approach-*Guide Pick:* Mountain Hardware- Men's Mesa –Women's Corsica convertible pants.
- ❑ Synthetic climbing pant- *Guide Pick:* Mountain Hardware- Chockstone Pant.
- ❑ Rain Pant: *Guide Pick:* Mountain Hardware- Plasmic Pant.
- ❑ **Hat:** Lightweight to medium weight warm hat. Sleek enough to be worn under a helmet.
- ❑ **Gloves:** One lightweight to medium weight pair- synthetic or fleece material. If snow route, shell also recommended.
- ❑ **Gaiters** - Until mid-July

Jackson Hole Mountain Guides supplies all the rock climbing gear, harnesses, helmets, locking carabiners & belay/rappel devices, crampons, and ice axes. However, you are welcome to bring your own equipment. Please coordinate with our office for gear checks. Backpacks, rock shoes, and boots can all be rented & purchased in our Jackson office.

On the trail

- ❑ **Alpine Climbing Pack- Guide Pick:** Mountain Hardware- Diretissima 46. Internal frame only. 45 to 55 L for 2 day trip. 50 to 60 L for 4 day trip. Large enough to fit all your personal gear plus ten pounds of food and water.
- ❑ **Sleeping bag liner**
- ❑ **Water bottles** (2-3 L/Qt.) or H2O hydration system.
- ❑ **Water Treatment tablets.**
- ❑ **Lightweight bowl**, insulated mug, spoon, fork.
- ❑ **Stuff sacks** zip lock bags
- ❑ **Dark Sunglasses**
- ❑ **Extra Contact Lenses**
- ❑ **Sun Hat or visor**
- ❑ **Sunscreen (35+SPF)**
- ❑ **Lip Balm**
- ❑ **Insect repellent** (until early August)
- ❑ **Headlamp**- Fresh batteries
- ❑ **First Aid** – Minimal: blister care, analgesic, etc.
- ❑ **Lunch, snacks & drink mix.** See meal planner.

Recommended & Optional Items

- ❑ **Trekking Poles**
- ❑ **Camera**-batteries, spare memory card
- ❑ **Insoles**- Custom or after market

Cold Weather Considerations:

Early and late season temperatures require warmer clothing. You may consider additional clothing if you get cold easily or if it is unusually cold or windy.

- ❑ Balaclava or neck gaiter
- ❑ Extra down vest or jacket
- ❑ Expedition weight long underwear
- ❑ Extra gloves



Jackson Hole Mountain Guides

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